

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01052, Cream, fluid, light whipping

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	63.50	--	0.873	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	292	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1223	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	2.17	--	0.046	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	30.91	--	0.498	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.46	--	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	2.96	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	2.96	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Minerals													
Calcium, Ca	mg	69	--	4.267	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.03	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	7	--	0.337	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	61	--	3.359	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	97	--	7.582	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	34	--	2.229	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.25	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Fluoride, F ¹	µg	3.0	--	--	3	3	--	--	--	1	Analytical or derived from analytical	--	03/2006

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.024	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.125	--	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.259	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.028	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	4	--	0.265	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	4	--	0.265	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	16.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.20	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	279	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	60	--	--	--	--	--	--	--	--	Calculated or imputed	01001	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	1013	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.88	--	--	--	--	--	--	--	--	Calculated or imputed	01001	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	23	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	2.7	--	--	--	--	--	--	--	--	Calculated or imputed	01001	01/2003

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	19.337	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	1.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.302	--	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.309	--	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.629	--	0.038	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.366	--	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	3.290	--	0.191	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	8.840	--	0.338	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	3.370	--	0.175	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	9.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	1.010	--	0.042	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	7.658	--	0.292	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.884	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.618	--	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.266	--	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.098	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.213	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.172	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.165	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	0.454	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.118	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion